



Prescription For Health



Name _____

Your Body Mass Index (BMI) is _____

Your BMI is considered too high and places you at risk for health problems such as high blood pressure, heart disease, diabetes, and other conditions.

☐ I strongly recommend that you increase your physical activity and use a pedometer to keep track of your progress.

_____ Number of steps to aim for most days of the week.

Signature of Healthcare Provider

Date

Method 1

- First, determine current average number of steps/day over a 4-5 day baseline observation period.
- Second, aim to increase daily total by 500-1,000 steps each week.

Method 2

- Aim goal one level above current “rough” activity level.

<u>Activity Level</u>	<u>Steps/Day</u>
Very sedentary	3,500
Sedentary	5,000
Low active	5,001 - 7,499
Somewhat active	7,500 - 9,999
Active	10,000
Very Active	≥ 12,500

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